

West Virginia Journeys...



a JDC Success Story featuring

Jane Marchal

Agenda



- **Introductions – Russ Philpott**
- **What Is Drug Court? – Judge Tallman**
- **Referral Process – Judy Stephens**

Zane's Story



Phase 1

- **Phase 1 Treatment Goals (8 Weeks)**
 - Substance Abuse Education
 - Identifying Individual Client and Family Needs for Treatment
- **First Impressions**



Phase 2

- **Phase 2 Treatment Goals (12 Weeks)**
 - Identifying Personal Triggers and High Risk Relapse Situations
 - Identifying and Practicing Realistic Refusal Skills
 - Developing a Sober Routine
- **Zane's Progress in Early Recovery**

Relapse

- **Relapse Group Goals (4 Weeks)**
 - Review the Relapse and Events Leading Up
 - Develop a Personal Relapse Prevention Plan
 - Identify Specific Triggers to Use, Healthy Coping Skills and Sober Support Network
 - Family Session to Share Relapse Prevention Plan
- **Relapse – How It's Dealt with Legally**
- **Relapse – Zane's View**

Inpatient Treatment

- **Inpatient Treatment Goals (30 Days)**
 - **More Intensive Therapy**
 - **Temporarily Removed From Using Environment**
 - **Introduced to 12-Step Meetings**
- **JDC Phase While Inpatient?**
- **Zane's Experience**

Phase 3

- **Phase 3 Treatment Goals (8 Weeks)**
 - Relapse Prevention
 - Evaluating Sober Routine and Refusal Skills
 - Expanding Sober Support Network
 - Development of Pro-Social Activities
- **Legal and Probation Challenges in Phase 3**
- **Zane & 12-Step Meetings**

Phase 4

- **Phase 4 Goals (2 - 4 Weeks)**
 - **Develop an Aftercare Plan**
 - **What Will My Life Look Like After Drug Court/Probation**
 - **How Do I Maintain Sobriety?**
 - **What Do I Do in the Event of a Relapse?**
 - **Graduation!**
- **Legal and Probation – Phase 4 Stumbling Blocks**
- **Zane's Aftercare Plan**

Aftercare

- **Aftercare Treatment Goals (1 Year)**
 - **Maintain Sobriety and Sober Support Network**
 - **Address Clients Ability to Assertively Manage High Risk Relapse Triggers**
- **Legal – Life After Drug Court**
- **Zane's Goals for the Future**

Thank You!

- **We appreciate the growing awareness and support of local Juvenile and Adult Drug Courts!**